The Lions' Pride

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New Year, New You

By Emily Kochanski
Campus News Editor

Shed some pounds. Study harder. Overcome that crippling fear of spiders. New year's resolutions are more than just little promises people make to themselves as they watch the ball descend in Time's Square; they are goals, something to strive for and keep one motivated in the next year. But according to a recent survey conducted by the Saint Leo Polling Institute, many individuals won't be making a resolution for 2017.

Only about 27 percent of 1,001 surveyed adults planned on actually making a resolution for the new year, the two most common resolutions being saving money and losing weight. Healthy habits, such as hitting the gym and drinking less alcohol, did not rank high in the poll. Almost 13 percent of those questioned said that they would join a gym in the upcoming year, while only eight percent said that they would limit their alcohol consumption.

"Honestly, I'm all good," said new student Nicholas Falco, a sports business major. "I don't need to make a New Year's resolution now when I already have everything going for me."

There are some factors that can contribute to a low number of resolution participants.

"I tend to think that (making) resolutions are not so much habitual acts of the mind, really, and certainly not New Year's ones, but are instead rituals and traditions," said Scot Hamilton, assistant professor of psychology. "Even for those ¼ that are engaging in them, the chances are that culture and people are suggesting resolutions, which is also suggesting the making of them, when you think about it."

Hamilton also theorizes that many decided not to make a resolution because they are not "fun" to think about and because most individuals are just too busy preparing for a new semester to consider anything else.

"I haven't made a resolution yet," said Michael Hannigan, associate director of admissions. "The one I always try to make is the 'eat healthier/work-out' one. We'll see how that goes."

Hamilton also shared his idea as to why weight loss and frugality are the two most popular resolutions. "Most of the respondents in the US, just by the fact of the portion size, type of foods, diets, and budgets we have, and by the data and demographics – might be in fact overweight or fat (to one degree or another). And living in, and 'breathing' a culture that meanwhile promotes or encourages or sort of privileges being fit and slim. So it's quite easy to see the 'losing pounds' thing to be a pre-occupation or at least something that quickly comes to mind when 'resolutions' are suggested."

For college students, money isn't easy to come by. Hamilton suspects that most students choose to save their funds for fun opportunities in order to maintain an active social life.

Hamilton offered some helpful tips to those struggling with the idea of making a New Year's resolution.

"If you keep them low to begin with, they are easier to do and realize; and also if you don't then happen to 'keep them' or 'keep to them,' I should say, there is less about which to beat yourself up about," Hamilton stated. "Another good tip, and something that can be employed with this method is finding a buddy, who need not have the same resolution going on, but with whom you can share and co-encourage and check-in with. Like forming a min-support group of two."

Though resolutions were not popular at the start of the new year, members of the Saint Leo community will undoubtedly discover new ways to improve upon themselves as the spring semester gets underway.

Photo from @NYRE

While "losing weight" and "saving money" were the two most popular resolutions, there were a number of other categories that received a fairly decent response. About 34 percent of those questioned said they'd travel more, while smaller categories, such as volunteering and spending more time with family, ranked between 20 and 27 percent.

Editorial

Election Results: What They Mean for Third Parties

By Brian Cerosky
Contributing Writer

About two months have passed since President-elect Donald Trump's upset and historic win over former Secretary of State Hillary Clinton for the office of President of the Untied States. Ballots from all around the country continued to be counted weeks after the election. Clinton's popular vote lead over Trump has risen to over 2.5 million votes, making it one of the most divided outcomes in a general election in American history. How, though, is Trump the winner if Clinton won far more of the popular vote, and what does that mean for parties other than the Democrats and the Republicans?

The United States hosts a unique system and structure of government that sets itself apart from other Western democracies, such as the United Kingdom, France, and Germany, in that it favors what is called the "two-party system." This system is one in which two major political parties dominate all politics in the country. There are a few remote countries around the world that are also shackled by this system, such as Jamaica and Malta along with the United States, all employing the "winner-take-all" system for electing officials into public office.

The winner-take-all system is often seen by political analysts as the culprit for allowing a two-party system to flourish in the United States. It basically states that whichever candidate reaches the majority vote within a particular state is deemed the "winner" of that state and receives all of the electoral votes that state possesses. For instance, since Donald Trump won the majority of votes in Florida, he received all 29 Electoral College votes, even though Clinton virtually received about half of all the votes cast in the entire state. This system also enables the two major parties to employ huge amounts of power and money to push away any other competing parties.

This system has led to situations in the past, most notably the 2000 election between Al Gore and George W. Bush, in which one candidate will receive more votes than the other on the national level and still lose the election. The reason this happens is that states such as California and New York have such high populations that vote disproportionately for the Democratic Party, that the popular vote will almost always sway towards the Democrats. This doesn't matter, however, since Republicans tend to always control the rural states with low populations such as Nebraska, Kansas, Oklahoma, and so on, but still manage to rack up the required number of Electoral College votes to be declared the winner.

Third parties include the Green Party, headed this year by Dr. Jill Stein, the Libertarian Party, led during the election by former New Mexico Governor Gary Johnson, and the Constitution Party, with their 2016 nominee being Darrell Castle. These parties particularly stand little to no chance in national elections to gain any seats in Congress, let alone the Presidency, due the way such elections are structured. For instance, despite winning close to five million votes nationally, Gary Johnson won't receive anything from his courageous presidential run and leaves millions of voters helpless in a system rigged to keep Democrats and Republicans in perpetual power.

To make matters worse for third parties, the Electoral College, and by extension, the winner-take-all system, are ordained by the Constitution and can only be removed and replaced by way of a constitutional amendment. Seeing as both major parties benefit from this system (more so do Republicans than Democrats) and also seeing as they are frequently the majority in Congress, it is nearly impossible that such an amendment would pass, let alone even get drafted.

Our Founding Fathers feared mob-rule, meaning a situation in which the government was elected by the collective "ignorance" of the American people, rather than the educated and elite of society that had influence on and were directly influenced by the government. A common argument against the Electoral College is that Americans now live in an age of information that is readily available to everyone for free. Americans no longer are ignorant of politics, nor do they have an excuse to be, and they demand to see the popular vote's weight over the electoral vote instituted nationwide to accommodate for that.

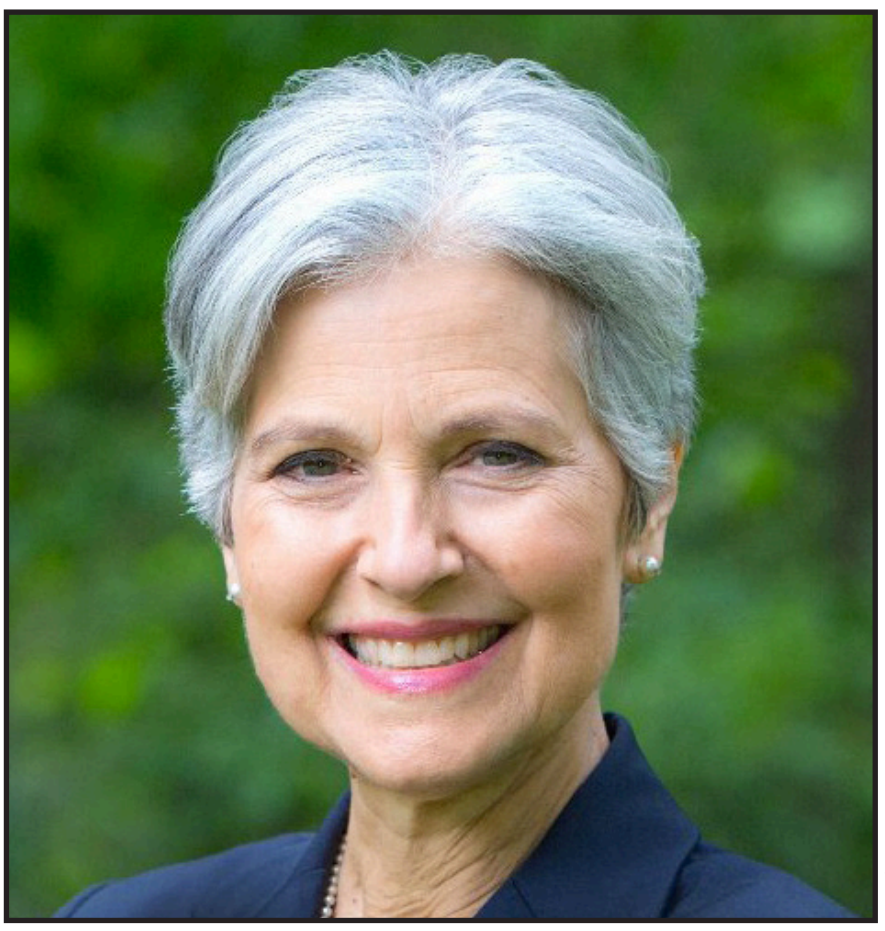

Photo from @DrJillStein

The Green Party candidate Jill Stein called for a recount of votes in at least two states on the grounds that those states, which used electronic voting, were vulnerable to hacking. Stein's request was rejected.

This subject is highly controversial and both sides have credible arguments, but there comes a time when provisions laid out by our forefathers become outdated and that such systems need to be replaced for the betterment of all Americans. New ideas presented by third parties are continually stifled and this country faces the same problems over and over. Problems such as governmental gridlock and shutdowns are a direct result of two completely opposing parties clashing and failing to resolve America's issues. Politicians must put the nation's people first rather than their party's platforms. It is important that we as a nation continue to come up with and share new ideas and ways to solve our issues, for we could face indefinite stagnation for the foreseeable future.

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Campus News

Saint Leo Welcomes New and Returning Students

By Emily Kochanski
Campus News Editor

Despite the rainy weather and the chill in the air, students were happy to be returning to Saint Leo. Some were just setting foot on the campus for the first time. On Jan. 7, Saint Leo held a New Student Orientation for a new group of high school grads, transfer students, and international students.

By 9:00 a.m., the lobby of Kirk Hall was packed with incoming students from across the nation and around the world.

"We have a total spring start of about 100 students coming in," said Michael Halligan, associate director of admissions.

Photo by Emily Kochanski

Helpful Saint Leo employees, like Michael Halligan (right), were ready to answer questions and point students and family members in the right direction.

Photo by Emily Kochanski

A few happy tykes accompanied their parents to Saint Leo in order to wish their big brothers and sisters good luck.

Upon checking in, students and their families were given a schedule of events that they were invited to attend in order to learn about the different programs and benefits that Saint Leo has to offer. The morning kicked off with an orientation fair where students could get to know members of Resident Life, the Financial Aid Support Center, and their Success Coaches. The orientation was followed by a series of lectures directed at parents, commuters, transfer students, and international students, which concluded at 11:30 a.m. Many visitors braved the icy rain and followed a member of Resident Life on a brief tour of the campus.

"The first school that I looked at was this one," said Nicholas Falco, a sports business major who hails from New York. "My main focus is my education; I've always had great pride in it. If I can make some new friends, that will be an added bonus."

Like Falco, many of the new students came to Saint Leo from a great distance. Alberto Castagnara, an incoming international student, came all the way from Italy after being invited to play golf for the campus' team. Castagnara's mother, Loretta Peschiotto, could not be prouder.

"The education in the United States is very good, so many students want to come over here to get their education," said Halligan. "Saint Leo is a great place because we are a very diverse campus. We have a really good program here for international students."

By the end of the day, all incoming students were thrilled to have officially been welcomed as the newest members of the Saint Leo community.

Photo by Emily Kochanski

Many of the students crowding the first floor of Kirk Hall were awaiting the opportunity to take a placement test before the day's events went underway.

Science

Women Need More Sleep Than Men

By Danielle Meikle
Contributing Writer

A recent study by Jim Horne, director of the Sleep Research Centre at the Loughborough University, showed that women need about twenty more minutes of sleep than men. According to the study, this difference is accounted for by the fact that women's brains are more complex, and they also tend to multitask more.

According to Horne, "This is because women's brains are wired differently from men's and are more complex, so their sleep need will be slightly greater. The average is 20 minutes more, but some women may need slightly more or less than this."

He discussed his findings more in his book, "Sleepfaring: A Journey Through the Science of Sleep," in which he says, "One of the major functions of sleep is to allow the brain to recover and repair itself… The more of your brain you use during the day, the more of it that needs to recover and, consequently, the more sleep you need. Women tend to multi-task — they do lots at once and are flexible — and so they use more of their actual brain than men do. Because of that, their sleep need is greater."

In his book, this conclusion also relates to men who have complex jobs that require a great deal of decision-making. Such a man would also require more sleep than the average male, however, it would still not be as much as a woman's requirement.

According to Horne, there are also several factors that affect the quantity and quality of sleep of a woman that prevent her from getting adequate rest. These include sleep disturbances during pregnancy because of the excess weight and position of the fetus, sleeping difficulties during menopause because of hot flashes, being awoken by movement of their partner while on the bed, and worrying about problems which involves losing sleep in the process. As such many women do not reap the benefits of a good night's sleep.

Photo from Twitter @gloskinbody

According to the National Sleep Foundation, "teens need at least 8 to 10 hours of sleep each night, compared to an average of seven to nine hours each night for most adults. Their internal biological clocks also keep them awake later in the evening and keep them sleeping later in the morning."

Sleep is also an important issue for college students as well. According to Teresa Dadez, director of Health Services, "Every person is different, but a good amount of sleep is 8-9 hours per night." However, she explained that many students fall short of the recommendation, "There is way too much to squeeze into the college years like love, studying, partying, fraternities, sororities, sports, plays, music, concerts, etc. Just life."

As such, college students are also likely to not reap the benefits of a good night's sleep, such as better health, improved mood, better memory, and clearer thinking; all of which are important to doing well in college, according to the WebMD website.

Destiny Bayley, a sophomore Biology major, said, "I don't think I get enough sleep. There's just too many things to do every day. I get just enough sleep to keep going."

There are many psychological effects of inadequate sleep. According to Horne, "For women, poor sleep is strongly associated with high levels of psychological distress and greater feelings of hostility, depression and anger… In contrast, these feelings were not associated with the same degree of sleep disruption in men."

There are also physiological effects that can occur as well.

"Students eventually run down and that is when sickness sets in. Like colds and flu. Poor mental functioning. Poor muscle functioning. Just plain poor over all functioning. Adequate sleep is vital for peak performance in all areas of our lives," said Dadez.

Therefore, it is imperative that students make time to sleep. Even though, the study showed a difference in sleep between men and woman, the important thing to note is that all people need adequate sleep. Hopefully, this tips are helpful, but if all else fails, just open a textbook, that's a guaranteed sleep aid.

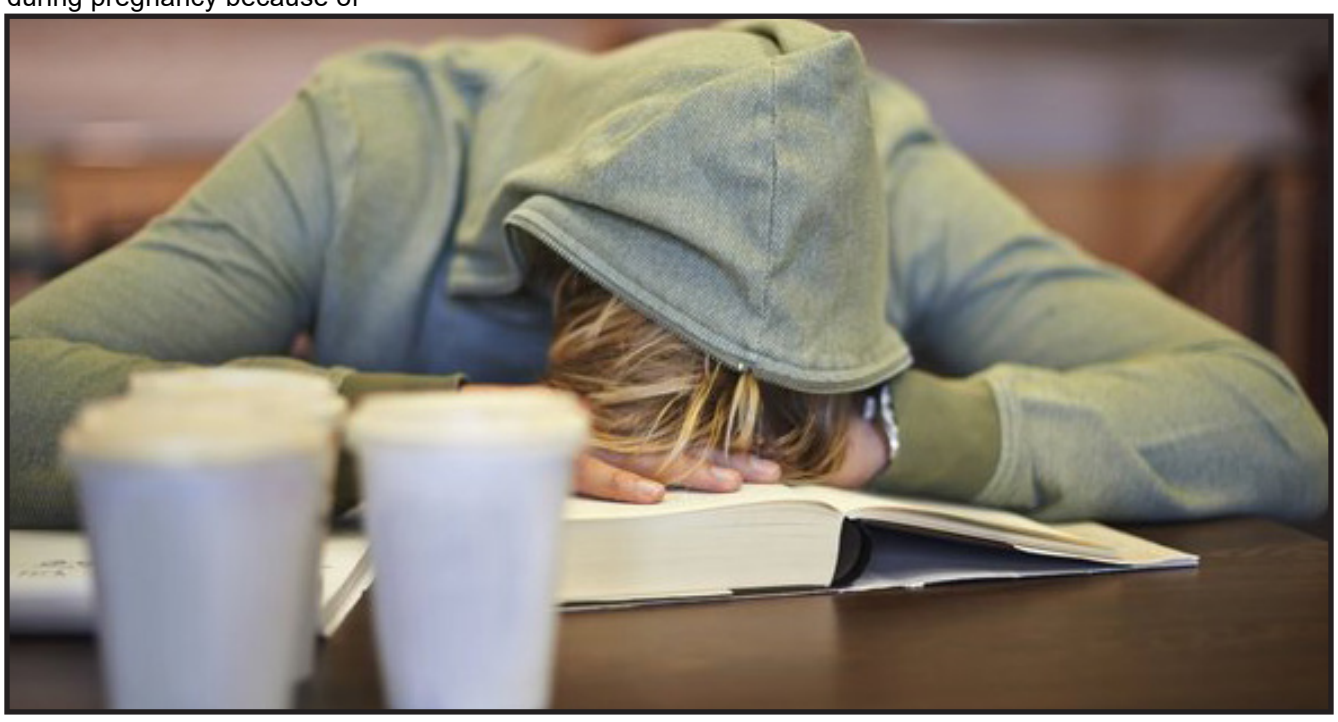

Photo from @sleepbrag

According to The Huffington Post, smelling lavender is a great way to fall asleep, since the smell can lower blood pressure and relaxes nerves.

Tips to Improve Sleep

Here are some tips that Dadez recommends to help to improve the quality and quantity of sleep:

1. Schedule and become more organized: A more organized life means that students are better prepared and able to get work done in a timely manner. This means less "all-nighters" and worrying about assignments.
2. No caffeine after 3pm: This may be hard one for some students, but it is recommended to avoid beverages containing caffeine such as soda, tea, energy drinks especially after 3pm.
3. Don't go to bed hungry: Have dinner at least 3 hours before going to sleep. If that's not possible, then a small late night snack like crackers and milk will suffice.
4. Create a nightly routine before bed: By planning a routine that helps to "wind down" before going to sleep, there is less trouble to fall sleep. The routine can involve relaxing about 1 hour before bed, or doing a quiet activity such as listening to calming music, reading a book or meditating.
5. Turn off the TV and all electronics including video games, tablets, laptops, etc. 1 hour before sleep, and keep them out of the bedroom. Also, reduce exposure to bright light in the last three hours of the day before going to sleep.
6. Turn off cell phones and disable all notifications. Even better is to leave the phone outside of the room during sleep hours. Studies have shown that a part of your brain continues to respond to certain lights and sounds even while asleep.
7. Make the bedroom quiet, dark and cool. If the noise cannot be controlled, which frequently happens, then try wearing earplugs or using a fan to block out other sounds.
8. Surprisingly naps are not all the great for getting a good night's sleep. Try not to nap unless you are sick.
9. Do not smoke, or quit if you do. Nicotine, alcohol, and marijuana can all keep you awake. Talk to your health care provider if you need help with substance use.
10. Most important of all, try to wake up at the same time every even on the weekends. Sleeping in sounds great, but a regular wake up time promotes sleep hygiene and prevents sleep problems.

Worldwide

Food Wastage in Different Countries

By Michayne Stoney
Contributing Writer

It may not occur to many people, but food wastage in and around homes, schools, work places, and food stores have been happening at a very alarming rate.

Most of this food ends up in landfills, and according to the United States Environmental Protection Agency (EPA), there was disposal of over 35 million tons of food waste in 2013 within the United States. Approximately 95 percent of this ended up in landfills, and at this point, food breaks down to produce methane, which is a potent greenhouse gas that contributes significantly to climate change.

Many agencies, such as EPA, have recognized the benefits of limiting food waste. Some of these benefits include: saving money, conserving energy and resources, and supporting the community by donating some of the unwanted food. The organization speaks extensively on donating food, as they recognize that many people go without a steady supply of food, while others have no problem throwing out hundreds of dollars of food.

"By redirecting unspoiled food from landfill to our neighbors in need, individuals can support their local communities and reduce environmental impact. Non-perishable and unspoiled perishable food can be donated. Donated food can also include leftovers from events and surplus food inventory," said EPA on their website.

In other countries, such as India, food wastage is also a huge problem. According to the United Nations Development Program, "Up to 40% of the food produced in India is wasted. About 21 million tons of wheat are wasted in India and 50% of all food across the world meets the same fate and never reaches the needy. In fact, according to the agriculture ministry, Rs. 50,000 crore worth of food produced is wasted every year in the country."

In response to this, 2015's World Environmental Day Campaign was themed 'Think Eat Save'. On its website, the Corporate Social Responsibility (CSR) Journal stated that the campaign was one aimed to reduce the wastage footprint. Interestingly, it also mentioned that "India ranks 63 among 88 countries in Global Hunger Index. Wastage of food is not indicative of only hunger or pollution, but also many economic problems in the economy, such as inflation."

The CSR Journal also thought that government policies were not the only things responsible for all which were evident.

"Culture and traditions are also playing a lead role in this drama. In India, the bigger the wedding, the larger the party and the more colossal the waste" said the CSR Journal.

On the other hand, in countries such as France, food wastage has actually become a part of the law, and it is illegal for supermarkets to throw out unused food. In fact, an article released by *Huffington Post* on Feb. 6, 2016 talks about food wastage in France.

"Supermarkets must either compost or donate unsold and nearly expired goods to charity. The law also prohibits stores from pouring bleach over food items — a tactic some used to prevent homeless people from foraging — and mandates that schools across the country begin to educate students on the fight against food waste," said *Huffington Post*.

Photo From Twitter @SEEDSandCHIPS

According to foodtank.com, food waste represents one third of food produced globally.

Photo From Twitter @SEEDSandCHIPS

In March 2016, Italy passed a law making supermarkets donate most of their waste food to charities, according to independent.co.uk, becoming the second country to implement such laws with France being the first.

France is the first country in the world to place a ban on supermarket food waste, according to *The Guardian*. Before this law was put into place, the Environment and Energy Management Agency estimated that supermarkets in France would throw away over 44 pounds of food each day, while the average person would waste 44 to 66 pounds of food each year.

Instead, most of this food is now going to local food banks, which have contracts with supermarkets. Laws have also been passed to make it illegal for supermarkets to pour bleach or water over expired food, reports independent.co.uk. Stores normally do this in an attempt to stop people from foraging through garbage to find food.

Here on campus, food wastage is seen to some extent in the dining hall. However, efforts are in place to educate students on being responsible stewards, as this is one of the most important core values.

In an interview with the Lions' Pride, Rich Vogel, Director of Dining Services, talked about a previous attempt to limit the amount of food wasted.

"On Earth Day of 2008, dining services placed a poster board out in the dining hall. All the food which was thrown away on that day was recorded, and students were able to see that there were pounds of food being thrown out just for that one day. This led to students policing each other, and it was a lovely initiative," said Vogel.

Vogel noted that this board, which hung above the conveyer belt, had to be taken down because it became a safety hazard as students would often bump their heads into the board.

As the Director of Dining Service, he has attended classes and has presented on this issue. He feels that if students are educated about the issues surrounding food wastage, there would be better results where this is concerned.

"This is a wonderful time for students to recognize the issue of food wastage and try to cut back. In this capacity, I cannot ensure food wastage does not occur, but I believe students can hold each other accountable for wasting food," said Vogel.

Some students are aware of this problem on campus and are already playing their part in limiting food wastage.

"I see food being wasted a lot by students in the cafeteria. I don't think some of them even realize how much food they are wasting on a daily basis," said Andrina Pierre, a sophomore majoring in biology. "I am aware that there are some efforts in place to combat this, as I still vividly remember the video they showed us during SLU First Year Experience class. This video was encouraging us to be responsible stewards, and strongly urged us to not waste food in the dining hall. I really try my hardest not to waste food because I know there is someone out there who is dying of hunger as we speak."

To help in the prevention of food wastage within the environment, students are encouraged - especially in First Year Experience classes - to watch Waste and See: Food Waste at Saint Leo University, a video which explicitly explores food wastage within the dining hall.

Arts & Entertainment

A Dangerous and Romantic Ride

By Emily Kochanski
Campus News Editor

This holiday season, "Rogue One: A Star Wars Story" isn't the only epic space adventure that will have audiences flocking to the theaters. "Passengers," starring Chris Pratt and Jennifer Lawrence, will have audience members at the edge of their seats from the time the opening credits role.

The film, directed by Morten Tyldum, centers on Jim Preston (Pratt) and Aurora Lane (Lawrence), two travelers on a 120-year voyage to a new world aboard the luxury spacecraft Avalon who are accidently awakened from their cryogenic sleep 90 years too soon. Over the course of a year, Jim and Aurora develop a romantic relationship, but their happiness ends abruptly when the startling secret behind their premature awakening is revealed; a secret that could prove deadly.

"Passengers" is a new and interesting take on the idea of futuristic space travel as well as a unique and charming love story. While the special effects are breathtaking and the premise is intriguing, the film does, however, become a tad predictable and hokey during the last 45 minutes or so, ending on a rather weak note that leaves viewers burning with unanswered questions about the fate of its characters. Though the ship shows no signs of stopping, the story quickly runs out of steam.

Acclaimed actor Laurence Fishburne's character, Gus, is introduced shortly before the movie's end and only serves to further the plot in a minor way. Overall, Fishburne and his role felt unnecessary.

Arthur, the robotic bartender played by Michael Sheen, serves as both the primary voice of reason for both Jim and Aurora and the film's main source of comic relief. And though he does induce a few laughs, Arthur, much like Fishburne's character, only serves to further the plot with a colossal bombshell that he unintentionally drops at the film's halfway point.

Jennifer Lawrence plays the beautiful and witty leading lady that she is typically known and loved for, but also gets the chance to show off a darker and more intense side of her acting prowess not seen in previous roles. The character of Aurora Lane is charming and intelligent, but at the drop of a hat becomes cold, vindictive, and even violent. It's a side of Lawrence that audiences are unfamiliar with, but one that viewers and will be happy to see her play so well. And while Lawrence, along with Fishburne and Sheen, gives a stellar performance, it is Chris Pratt who steals the show.

Pratt's portrayal of the solitary man in space is truly powerful. Jim is alone on the spacecraft for over a year before Aurora enters the picture. As time passes and Jim grows lonelier, sadder, and desperate for human companionship, Pratt's performance becomes more impactful and deeply moving. Viewer's hearts will break as they watch Jim wrestle with dark and depressing thoughts of loneliness and longing as well as the morality of altering someone else's life for the sake of his own. Pratt has come a long way since "Parks and Recreation's" lovable goofball, Andy Dwyer. In "Passengers," he excels in both a romantic and dramatic role.

Despite the bummer of an ending, "Passengers" is a moving tale, exciting adventure, and wild ride that movie lovers won't want to miss. It's the perfect cinematic treat for couples looking for a romantic date night flick or sci-fi fans searching for a new "out of this world" experience. "Passengers" gets a 4/5.

Photo by @PassengersMovie

Arthur, played by Michael Sheen (left), becomes Jim's only source of companionship aboard the Avalon. He proves to be a kind and loyal friend, but his incomprehension of the ways of human beings ultimately gets Jim into a world of trouble.

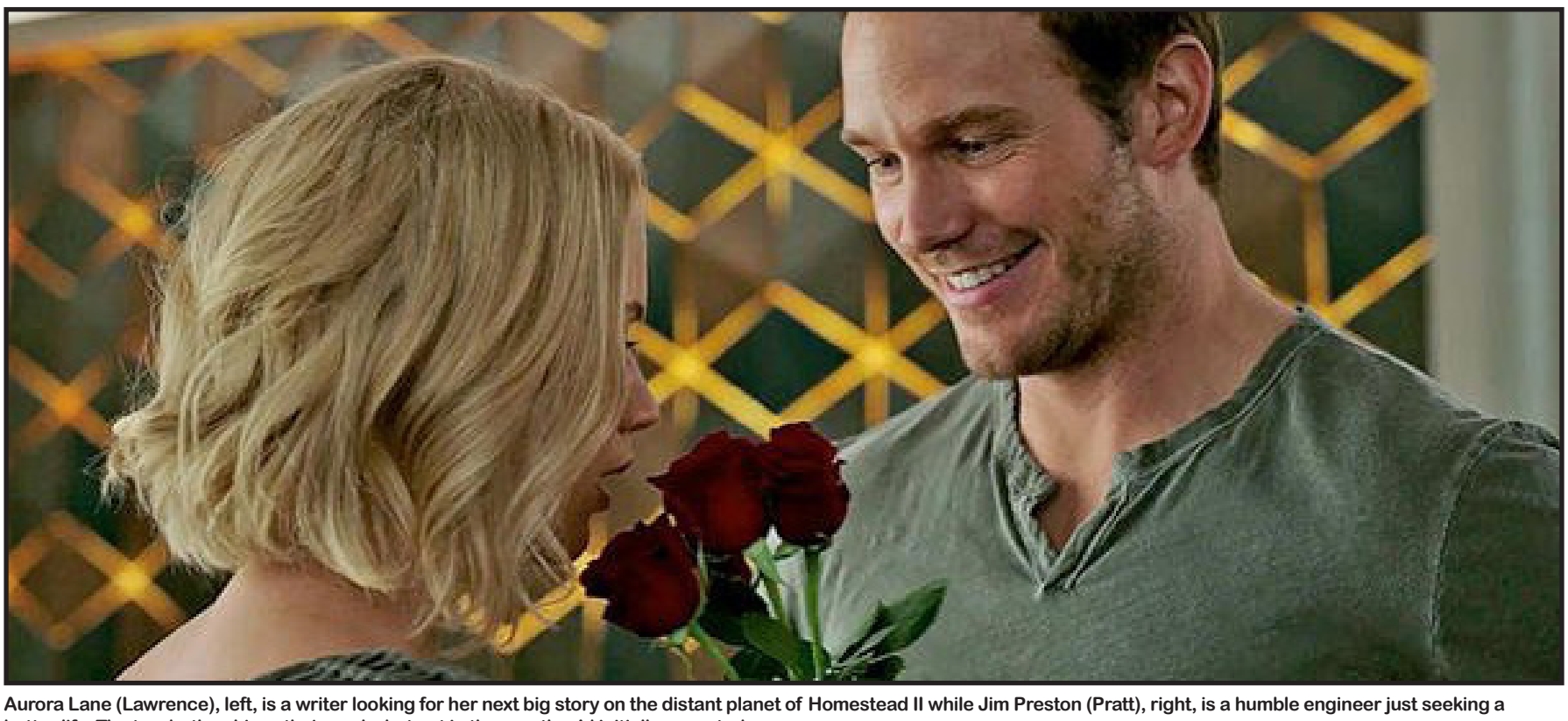

Photo by @PassangersMovie

Aurora Lane (Lawrence), left, is a writer looking for her next big story on the distant planet of Homestead II while Jim Preston (Pratt), right, is a humble engineer just seeking a better life. The two both achieve their goals, but not in the way they'd initially expected.

Arts & Entertainment

A Flop of Faith

By Ausin Chiavaroli
Contributing Writer

The "Assassin's Creed" franchise has been one of the many staples in gaming history. With the iconic parkour mechanics, combat, and fantastic storytelling, these games have become incredibly popular with gamers across the globe. However, there was one thing that many fans wanted to see come out of this franchise and that was a motion picture based on the "Assassin's Creed" universe. This motion picture was finally made and released on Dec. 21, titled "Assassin's Creed." Directed by Justin Kurzel and given clearance by the franchise's game creating company "Ubisoft," the film has been hit with a bunch of mixed reviews since release. But is this movie good or bad?

The story takes place when a convicted criminal, named Callum Lynch, (Michael Fassbender) is saved from his set execution by Abstergo Industries. This Industry is the modern-day Templar Order, a band that has gone toe to toe with the Assassin's Order through the centuries. Abstergo Industries is in search of a powerful weapon known as the Apple of Eden, one of the many pieces of Eden. The head scientists of the corporation, Dr. Sophia Rikkin (Marion Cotillard), tell Callum he is the descendant of an old Assassin order named Aguilar de Nerha (Michael Fassbender). Callum is then taken as a part of a project called the Animus Project, where he is connected to the Animus machine that allows him to connect to Aguilar's memories and find the location of the Apple of Eden. The memories of Aguilar take place during the Spanish Inquisition, where Callum learns more about his family's heritage and the true face of the Templar and subsequently, Abstergo Industries.

The acting in this film was good. However, the movie was cluttered by a massive amount of distracting terrible eye-catching CGI. Also, much of the movie felt as though it were a Matrix movie with slowed down scenes for effect. The whole film was spent trying to make the scenes feel grand and epic when really they needed to be more up close and personal with the assassins' fighting techniques.

One of the best things about the film is the official soundtrack. While it does lack the cultural segments, like the game soundtracks have, it does have a sci-fi feel that works with the movie's presence.

This film offers a lot of promise to the fans of the franchise, with a material sounding like something that would be directly from the games. However, production decisions to avoid the games' main storyline made it seem too different. For instance, the Animus machine in the games looks like a bed or chair, while the film portrays the machine as a giant mechanical arm that connects to the back, which has a sci-fi look but isn't what the Animus was in the games.

"Assassin's Creed" was not received well on the night of its release. Many critics didn't like it because the plot is too convoluted and inconceivable. A controversial issue surrounding this movie and others of its kind is that video game based films don't do well in cinema. However, many fans of "Assassin's Creed" believe these false critiques are biased compared to those who have either played the games or saw it before the critiques.

While "Assassin's Creed" has many things that fans will like, it has many flaws that will deter some that want a connection to the games. If one is a fan who wants to see a new spin on the Assassin's Creed universe or is a fan of medieval action films mixed with some sci-fi elements, then this movie fits. "Assassin's Creed" gets a 3.0/5.

Upcoming Events

LIGHT UP the night!
Date:
1/14 @ 4pm
Location:
PHSC Porter Campus and the Shops at Wiregrass
Contact:
www.active.com
Price:
Free to attend - $25 to $35 to participate in run.
Description:
It will kick off with a RADIANT 5K RUN / 1 Mile WALK at the PHSC Porter Campus @ Wiregrass Ranch and then the rest will be hosted at the Shops at Wiregrass Upper Level Parking (2nd floor). The Radiant 5K Run / 1 Mile Walk is for anyone who wishes to participate to help benefit this wonderful awareness program. No age limit, is stroller friendly, is dog friendly, etc. Water will be supplies and each participant will receive a T-shirt. Register online at www.active.com.

San Antonio Farmers Market
Date:
1/14 @ 9pm to 3pm
Location:
San Antonio City Park
Joe Herrmann Dr, San Antonio, FL
Contact:
Winnie Burke 352-437-5161
Price:
Free - unless you buy something!
Description:
2nd Saturday of every month. Sponsored by Rotary Club of San Antonio. Fresh produce, wine, yard art, plants and baked goods. There are still openings for vendors only $25 for the day. Call for more info or to reserve.

Sports

I Am Not Throwing Away My Shot

By Vincent Pensabene
Contributing Writer

Photo from @ClemsonFB

In the 2016 College Football Playoff National Championship, the Clemson Tigers of South Carolina lost to the Roll Tide of Alabama with a score of 45-40. The Clemson Tigers were able to win 2017's National Championship against the same opponents with a score of 35-31.

People like to believe that the sequel is never better than the original, and they were wrong about the NCAA National Championship game between the Clemson Tigers and the Alabama Roll Tide. These two teams met in the previous National Championship game where the Roll Tide won a shootout 45-40 against the Clemson Tigers.

Clemson went into Raymond James Stadium with one thing on their mind: retribution. They were the underdogs against Alabama and their head coach, Nick Saban (a college football coaching legend who never lost a National Title game). As the game progressed, it became a defensive battle. Jalen Hurts, a freshman starting quarterback for Alabama, was not doing too much throwing the ball and the game ended up with a total of 19 punts, which was not what any of the experts thought would happen.

The first 20 minutes of the game were all Roll Tide as their sophomore running back, Bo Scarbrough, ran both a 25 and 37 yard touchdown to give Alabama a convincing 14-0 lead, putting the Tigers on their heels. Clemson then scored on a designed quarterback run with junior starting quarterback, Deshaun Watson to cut Alabama's lead 14-7 going into halftime.

Alabama had the ball to begin the second half and made a field goal to increase their lead 17-7 with 12:25 remaining in the third quarter. Then, sophomore wide receiver Hunter Renfrow caught a twenty-four yard pass for a touchdown to make it 17-14 with 7:10 left in the third quarter. Alabama managed to add another seven points to their score before the quarter ended with a 68 yard pass from Hurts to senior tight end OJ Howard to make it 24-14.

Clemson had their backs against the wall going into the fourth quarter and open up scoring on a four-yard pass to Mike Williams, a junior wide receiver, to make it 24-21 Alabama with 14:00 left in the fourth quarter. With under five minutes remaining, junior running back Wayne Gallman ran for a one-yard touchdown to give the Tigers their first lead of the night, 28-24. Alabama drove right back down the field and scored on a thirty-yard Jalen Hurts run to take the lead 31-28 with 2:07 left in the fourth.

Clemson needed a field goal to extend the game into overtime, but with three timeouts remaining and two minutes on the clock, they had enough time to make a significant drive happen. Potentially the most crucial play of the entire game was when it was second down and goal and Deshaun Watson threw it to the endzone for Mike Williams and a flag was thrown at the two-yard line. Pass Interference was called for contact by the defensive player to early and college football awards that by moving the offensive team to the spot of the foul. With enough time for one more play to win the game before having to elect to kick a field goal and try their luck in overtime, Watson rolls to his right outside of the pocket and throws it to Renfrow for a two-yard touchdown with only one second remaining in the game to take the lead 34-31 and win the NCAA Division I National Championship.

Clemson Head Coach Dabo Swinney said this after the game to ESPN, "That has to be one of the greatest games of all time," and he was not wrong about that. He followed by stating "There was no upset tonight, that's the last thing I told them when we left the locker room. I said, `When we win the game tonight I don't want to hear one word about this being an upset. The only upset is going to be if we don't win the dadgum game."

The final stat line for Clemson quarterback Watson was 36 for 56, 420 yards, 3 touchdowns, 21 carries, 43 yards, 1 touchdown as he took home the Offensive MVP award for the game in his final collegiate game of his career.

"I was calm, [I told the team] let's go be great," were what Watson said when asked about how he was feeling during the play that resulted in claiming the second National Championship in Clemson's history.

Alabama was 4-0 going into the game with Saban coaching the National Championship, 106-6 when leading after halftime, and 96-0 when leading after three quarters. Clemson overcame all of those. As the great Al Michaels once proclaimed, "Do you believe in miracles?"

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